

## SUPERINTENDENT DENISE JUNEAU ANNOUNCES LUTHER SCHOOL RECEIVES AWARD FOR HEALTHY SCHOOL MEALS

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Contact: Linda Kaiser

[lkaiser@mt.gov](mailto:lkaiser@mt.gov)

406-444-3160

### LUTHER SCHOOL RECEIVES AWARD FOR HEALTHY SCHOOL MEALS

Luther School received a statewide award for its healthy, homemade school lunch program. The Healthier Montana Menu Challenge (<http://www.opi.mt.gov/schoolfood/healthiermt.html>) recognizes exceptional school meals programs. Luther School successfully met a challenging list of menu criteria to qualify for the award. The menu criteria ensure school menus reflect the dietary guidelines by serving more fresh fruit and vegetables, whole grain, lower fat entrees, legumes, and low fat milk choices.

Ann Ballard, School Nutrition Director, prepares most of the meals from scratch, which improves taste and quality while lowering fat, cholesterol and sodium. Students enjoy fresh-baked, whole-grain bread items. Ann describes why she goes to great lengths to make her school meals healthy, "Caring about these kids as I do; I feel it's important to familiarize them with healthy food choices which will help them develop healthy eating habits that will carry them through a happy and healthy life."

Luther School serves more than 800 lunches to students each month. Over 99 percent of the student population participates in the hot lunch program, proving its high quality reputation. Luther School has an active school wellness committee which has been successful in building a school environment which supports healthy eating and physical activity.

"My grandmother was a school cook for 28 years. She understood that serving more nutritious choices at school breakfast and lunch helps provide the brainpower students need for academic success while teaching them an important lifelong skill – learning to eat healthy," said Superintendent of Public Instruction Denise Juneau.